

CoCSC Training Timetable 2025-2026

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance Squads								
Performance 1		05:15-07:00 P		05:15-07:00 P		05:15-07:00 P	06:00-08:30 P	
S&C			18:00-20:15 P	17:00-19:00 P	17:00-19:00 P	17:00-19:00 P		
			16:30-17:30 P	19:15-20:15 P			08:45-10:15 P	
Performance 2				05:30-07:00 P		05:30-07:00 P	08:30-10:30 P	
S&C		19:35-21:05 PR	17:00-19:00 P	19:00-20:30 P		18:30-20:30 P		
				17:45-18:45 P			07:00-08:15 P	
Performance 3		05:45-07:00 P					06:15-08:00 P	
S&C		18:35-19:35 PR	19:00-20:30 P		19:00-20:00 P	17:00-18:30 P		
			17:45-18:45 P		17:45-18:45 P			
Academy Squads								
Academy 1		19:30-20:30 L	18:45-19:45 PR		19:00-20:00 P	19:35-20:35 PR		17:00-18:00 P
Academy 2		18:30-19:30 L		18:35-19:35 PR		19:35-20:35 PR		17:00-18:00 P
Academy 3				18:35-19:35 PR		18:30-19:30 L		17:30-18:30 L
Pathway Squads								
Gold			17:45-18:45 PR			18:35-19:35 PR		16:00-17:00 P
Silver			17:45-18:45 PR			18:35-19:35 PR		
Bronze					18:00-19:00 P			16:00-17:00 P
Club Squads								
Senior Competitive			06:00-07:00 L		06:00-07:00 L			
S&C			19:30-20:30 L		20:00-21:00 A	19:30-20:30 L		18:00-19:00 P
								16:45 - 17:45 P
Junior Competitive			06:00-07:00 L		06:00-07:00 L			
			18:30-19:30 L		19:45-20:45 PR			18:00-19:00 P
Development								
			18:45-19:45 PR		19:45-20:45 PR			18:30-19:30 L
Masters Squads								
Masters 1			06:00-07:00 L		06:00-07:00 L		06:30-08:00 A	
S&C			20:30-21:30 P	19:35-20:35 PR	20:00-21:00 P			19:00-20:00 P
								17:45-18:45 P
Masters 2			06:00-07:00 L		06:00-07:00 L		06:30-08:00 A	
S&C			20:00-21:00 A	19:35-20:35 PR	20:00-21:00 P			19:00-20:00 P
								17:45-18:45 P
Para Squads								
Para Performance		19:35-20:35 PR	19:00-20:00 A		19:00-20:00 A			16:00-17:00 P
S&C								17:15-18:15 P
Para Academy		19:35-20:35 PR			19:00-20:00 A			16:00-17:00 P
Para Club								17:00-18:00 P
Para Masters			20:00-21:00 A		20:00-21:00 A			
Para Pathway 1		18:35-19:05 PR			18:10-18:40 P			
Para Pathway 2		19:05-19:35 PR			18:10-18:40 P			
Water Polo Squads								
Water Polo Men					21:00-22:00 P			**17:00-18:00 A
Water Polo Women				20:30-21:30 L				**17:00-18:00 A
Water Polo Youth								16:00-17:00 A
Water Polo Junior				19:30-20:30 L				
Water Polo Minis				18:30-19:30 L				
University Squads								
Uni 1		20:30-21:30 L	16:00-17:00 P	16:00-17:00 P	16:00-17:00 P	16:00-17:00 P		14:00-15:00 L
Uni 2			20:30-21:30 L	15:00-16:00 P		16:00-17:00 P		13:00-14:00 L

** WP - Men/Women Mixed Session

P = Parkside
L = Leys
A = Abbey
PR = Perse

Pre-Pool before sessions for Performance Squads is compulsory, unless it has been completed, the swimmer will not be allowed to enter the session.